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Schofield Fourth

Schofield Barracks sponsors its Independence Day celebration at Sills and Desiderio Fields, Monday from 9 a.m. to 9 p.m., open to the public.

Traffic may be congested and parking will be limited; so, only right turns will be allowed exiting Lyman Gate, only left turns exiting Foote Gate. McComb and McNair Gates will allow both right and left turns, and Wheeler's Kunia Gate will be open for vehicles with decals only.

Post residents are encouraged to walk to Fourth festivities. Pets and high back chairs will not be allowed. Low back sand chairs are allowed; however, blankets should be preferred for seating.



29th Engineers

MOUT training provides the topographical engineers with realistic scenarios. A-3

Independence Day message

"This July 4th marks the 229th anniversary of the birth of our nation — a holiday weekend and a time of celebration for our Soldiers, civilians, and their families. Unfortunately, this holiday has too often ended in tragedy due to preventable accidents.

As we celebrate our nation's independence, I ask you to reflect on both the blessing and responsibilities of liberty. As free citizens of a democracy, we are responsible for the defense of our nation and the welfare and safety of our families, friends, fellow Soldiers, and ourselves.

Tragically, U.S. Army, Pacific has lost three Soldiers to privately owned vehicle accidents this year. ...With this in mind, I ask [you to make] mature, informed decisions. Responsible decisions will make a difference.

Enjoy this Independence Day holiday. Take care of each other. Be Safe!

John M. Brown III
Lieutenant General, USA
Commanding
U.S. Army Pacific



Food Show

Commissary seeks out island companies. B-3



Sgt. Stephanie L. Carl

Maj. Gen. Eric T. Olson (waving), outgoing 25th ID (L) and USARHAW commander, greets distinguished guests, as he and Maj. Gen. Benjamin R. Mixon (to

Olson's far right), incoming commander, inspect the troops during the change of command ceremony Wednesday on Sills Field, Schofield Barracks.

Mixon takes command

By Sgt. Stephanie L. Carl
17th Public Affairs Detachment

The 25th Infantry Division (Light) and U.S. Army, Hawaii, started a new chapter in their storied history Wednesday, as Maj. Gen. Benjamin R. Mixon assumed command of the "Tropic Lightning Division."

Maj. Gen. Eric T. Olson relinquished command to Mixon after leading the division through three years of successful peacetime operations throughout the Pacific and through combat in the Middle East.

"This has been the most important, rewarding three years of my 33-year military career," said Olson. "And I will never be as proud as I am

to have stood with you, shoulder-to-shoulder."

Along with thanking the Soldiers, Olson also took the opportunity to thank his wife, Vicki, for her selfless support of the division's Soldiers and families.

"You will never know how much she has loved you Soldiers," he said to the formation.

Now, with his nomination for lieutenant general, Olson will assume an even greater responsibility as assistant commander of Pacific Command, continuing his service in Hawaii.

But as Olson moves on, the 25th Inf. Div. (L) will continue its mission under new leadership.

"We're at an important mile-

stone," said Lt. Gen. John Brown III, U.S. Army, Pacific, commander, in his remarks to the crowd and formation of thousands.

Brown described the achievements of the 25th ID (L) under Olson's tutelage, placing emphasis on the historic combat deployments of 2nd and 3rd Brigade Combat Teams to different areas of operation.

In the summer of 2003, orders came down for the 25th Inf. Div. (L) to deploy to Afghanistan — 2nd BCT would deploy for six months and would be relieved by 3rd BCT, which would do the same. But those orders weren't set in stone.

See "COC," page A-5

Guam Guard returns from Africa

Story and Photos by Capt. Juanita Chang
Public Affairs Office
25th ID (L) & USARHAW

More than 150 Soldiers from Company A, 294th Infantry Regiment (Light), Guam Army National Guard, returned to Hawaii after serving a year with Combined Joint Task Force — Horn of Africa (CJTF-HOA).

Because Hawaii is only their demobilization station, just a few family members were present at the ceremony.

"This was the longest week of my life," said Deborah Humble, whose husband Sgt. Scott J. Humble, was with Company A.

Sgt. Humble was one of the nine Indiana Army National Guardsmen from the 38th Military Police Company who linked up with the Soldiers from Company A and deployed with them to

See "Guam," page A-3



Mayann Charfauros, wife of Command Sgt. Maj. Matthew Charfauros, welcomes Soldiers in Guam's Army National Guard with lei, Tuesday at Schofield Barracks' Martinez gymnasium.

When celebrating America's birthday, always consider safety

Roger Stone
Safety Office
U.S. Army Garrison, Hawaii

As a nation we will again pay tribute to our country and founding fathers when we celebrate the Fourth of July holiday. It is truly a time for celebration and remembrance of the numerous sacrifices made by Soldiers and

civilians to secure the freedom we enjoy everyday.

As we celebrate the independence of our nation, we must be mindful of some inherent dangers and safety tips, lest our celebration turn into tragedy.

Fireworks

What's a Fourth of July without fireworks? Fire-

works are fun to watch, but they are also extremely dangerous. Every year at this time, people are killed, maimed and burned, and property is damaged or destroyed from mishandled or improperly lit fireworks.

Fireworks of any kind are prohibited on all U.S. Army, Hawaii, installations.

Fireworks require the

knowledge and experience of a professional to activate safely. You can really play it safe and still enjoy fireworks by planning to go to any of a number of fireworks displays around Oahu, including celebrations on Schofield Barrack's Sills Field.

Motor vehicles

The number of privately

owned vehicle accidents and fatalities that occur during long weekend periods is cause for great concern. Alcohol, speed and fatigue, as well as not using seatbelts, are major accident causes — and they are deadly.

As always, stay alert and buckle up when driving, even

See "Safety," page A-10

PCS woes are felt by many on the island

1st Lt. Lindsey Dane
Contributing Writer

Summers at military installations are always hectic with permanent change of station (PCS) moves, but this year Schofield Barracks is experiencing a record increase in the amount of Soldiers and families coming and going.

Fueled by factors like the division's transformation, the Global War on Terrorism rotations and redeployment, the enormous influx of Soldiers needing to PCS is causing extensions for numerous Soldiers who are close to or, in many cases, beyond their expected PCS dates.

The good news is there are options; however, demand and lack of services may still sting Soldiers who do everything right when out-processing.

Transition Cycle Support is a program that helps Soldiers get on the way to their next destination as quickly and efficiently as possible.

"Once a Soldier has assignment instructions, they go to their levy briefing and then should be beginning the TCS program," said Tamara Elston, executive assistant, Directorate of Human Resources (DHR).

"The highest priorities right now, as far as TCS is concerned, are one, retirees; two, Soldiers that are separating; three, PCSing Soldiers with a school date; four, Soldiers on assignments destined to the 4th Infantry Division; and five, Soldiers with overseas assignments — your regular CONUS [continental United States] PCS," she explained.

"There are other high priorities, as well, that will be handled as a case by case basis. 'Our plan of attack was to first look at all the Soldiers that were affected by the stop loss/stop move from last year, all those people that would have already been gone that are getting added to the influx of outbounds we have now,' Elston continued.

"Then, we looked at all of those being curtailed [those with current ETS and DEROS dates for this summer]."

Still other variables impact PCS moves, said Elston, and as far as transportation appointments are concerned, the office makes no distinction between inbound and outbound appointments.

Now in the last week of June, the next available transportation appointment is in mid-July. The reality is that 1,400 to 1,500 Soldiers will not get out of Schofield

See "PCS," page A-8

Patriotism still burns brightly

Kendrick Washington
Public Affairs Office
25th ID (L) & USARHAW

The Hawaii community has perhaps one of the most unique and closest relationships with military you'll find in the United States. With every branch of the military based throughout the islands, the military has become an integral part of the state's culture.

Residents of Hawaii, both military and civilian, pulled together as the 25th Infantry Division (Light), the Hawaii National Guard and the Army Reserve Soldiers readied for war. American flags flew in unison with the Hawaii state flag as our troops boarded planes headed for unknown and hostile destinations.

The bright yellow of the "Support Our Troops" ribbons became prominent on the bumpers of cars throughout the state, symbolizing a unified belief in — perhaps not the war itself — the support of our brothers and sisters, and mothers and fathers.

Perhaps the Wahiawa community based outside of Schofield Barracks showed one of the most shining examples of this support. The past year was perhaps hardest on those small businesses in

the community who catered to Soldiers and their families.

Despite the fact that many of these businesses were barely able to stay afloat, they still offered discounts to the families of the Soldiers who were left behind. There was hardly a business in sight that did not have a "Support the Troops" message of some sort hanging from a storefront window.

As a former Soldier, the best gifts I ever received were the "thank you for what you did for my country" remarks from complete strangers. The sincerity in their eyes is something I know I will never forget.

Almost four years after the Sept. 11, 2001, terrorist attacks, much of America has moved on. The public interest in the hunt for Osama Bin Laden and weapons of mass destruction has dwindled, and most Americans seem to have forgotten how the New York skyline was suddenly and dramatically changed over the course of a few short hours.

While much of the country has once again turned the Fourth of July into a day off from work and an excuse to overspend on fireworks and barbecue grills, the people of Hawaii are still praying for their loved ones who are still in Iraq. They are preparing for

their Fourth of July celebrations, not as a day off from work to eat and drink in excess, but as a day to pay tribute to their sons and daughters who are still serving in harm's way.

Their thoughts are with the families of the 29 Hawaii-based Soldiers who sacrificed their lives in order to ensure that our Fourth of July celebrations will continue unabated for years to come.

The residents of Hawaii have not forgotten, and for them, patriotism still burns bright.



Army Library Photo

Patriotism, along with American flags, are proudly displayed throughout the nation.

War memorial project is far from reaching funding goals

Butch Sincock
Executive Director,
25th Infantry Division Association

The 25th Infantry Division War Memorial, recently dedicated adjacent Fernandez Hall, honors our fallen Tropic Lightning comrades who have sacrificed their lives in service to our nation in the ongoing Global War on Terrorism. It also notes a legacy of military service stretching back more than 60 years.

The Soldier depicted in the statue is representative of thousands of our Soldiers who mourn lost friends and who will carry that memory in their hearts for the rest of their lives. For the most part, Tropic Lightning veterans of World War II, the Korean War, the Vietnam War and the Cold War have paid for the memorial; however, the project is not complete.

When it is complete, a statue of a World War II Soldier, a Korean War Soldier and a Vietnam War Soldier will stand behind the modern Soldier. These additional statues will represent the long history

of 25th Division's combat service and the support that veterans of those earlier wars gave to those currently serving with the 25th Infantry Division (Light).

Each Soldier depicting Tropic Lightning history will wear the uniform and carry an infantry weapon of his era. Although they will represent three very different wars, they also will represent a constant theme of service and sacrifice.

The artist, Lynn Weiler Liver-



ton, has been working with Soldiers, veterans and the staff of the Tropic Lightning Museum to attain a detailed and accurate depiction of each Soldier, his equipment and weapon. Tremendous effort has been undertaken to attain a realistic rather than an impressionistic depiction of the modern Soldier.

The 25th Infantry Division Association, a 56-year-old non-profit veterans organization, is the prime sponsor of the memorial. To date, the Association has raised more than \$80,000 toward the cost of the memorial. To see this great project through to completion, though, the 25th Association needs to raise almost \$350,000 more.

As the theme of the memorial is one of sacrifice and support of Soldiers of long ago, so it is for modern-day Soldiers. As time marches on, modern-day Soldiers will gradually take their place as historic figures of Tropic Lightning history.

(Editor's Note: Send donations to 25th Infantry Division Association, P.O. Box 7, Flourtown, PA 19031-0007.)

Lightning Spirit

The heart matters

Chaplain (Capt.)
Scott Thompson
3rd Battalion, 7th Field Artillery

On June 19, Father's Day, I had the privilege of preaching at Helemano Military Reservation Chapel. Though that sermon was geared for Father's Day, many of the important points have year-round application. Let me illustrate a few points.

If you tie a rope around your arm and then tie it around your torso, so that your arm is tied to your side, in addition to being very uncomfortable, your arm muscles will atrophy. Eventually, your arm will become so weak that if you take the rope off, you will not be able to lift you arm to shoulder level.

I once heard a story of a man who went into a boiler to work with a jackhammer. The noise was so loud for him that he decided he could not do it. But his foreman said, "Others can do it, why can't you?" The man went back in and finished the job.

Soon he came out and started working on another task on his list; lunch break came an hour or so later. When his fellow workers returned from lunch, they asked him why he had not gone to lunch.

The man said, "What?" somewhat loudly. His co-workers had to practically yell for him to understand them. He had not heard the lunch whistle. His ears had become so desensitized to noise by the loud jackhammer inside the boiler that he suffered hearing loss for a while.

This story illustrates spiritual truths. If we as people ignore our conscience and what we know of God from our spiritual formation, we become calloused, desensitized and weak toward spiritual things that are very important in life.

As a Christian chaplain, I write from a Christian point of view, but some of these principles apply to nonreligious people and peoples of other religions as well.

In the Old Testament book of Malachi, the Lord says, "See, I will send you the prophet Elijah before the great and dreadful day of the Lord comes. He will turn the hearts of the Fathers to their children, and the hearts of the children to their fathers, or else I will come and strike the land with a curse" (Malachi 4:5-6, New International Version).

Elijah lived and ministered around 850 B.C., and he had already been in heaven about 400 years when the Lord spoke through Malachi. I interpret the passage to mean that someday, in the future, the Lord is going to send Elijah back to earth in a glorified body, for the purpose of conducting a ministry of family healing.

Elijah is held to be the second greatest prophet in Judaism behind only Moses. Those who know their Bibles know about his past ministry.

The Lord is concerned about people having hard hearts. I am using the term figuratively, of course. I am referring to the disposition of your soul towards the things of God.

This behavior is so important

because the disposition of your heart toward the things of God affects your attitude and treatment of your children and spouse. When large numbers of families are estranged from the things of the Lord, which in turn often leads to chaos in the family, the social structure begins to slide toward sexual promiscuity, addictions, crime, domestic violence, gangs, unemployment, homelessness, high demand for a large police force and government spending on social programs to deal with problems.

I am not trying to say, however, that all nonreligious folks have hardness of heart and all religious folks have soft hearts. I know this reality is definitely not the case.

Among other things, the Bible teaches the following about hardness of heart:

- Hardness of heart causes people to be unmerciful (Mark 3:5).
- Hardness of heart causes us not to understand the implications of truths we already know, that is, it causes us to not follow the things we already know to their logical conclusions in our behavior (Mark 6:52).
- Hardness of heart causes people to not repent of evil that is permeating their lives, (Romans 2:5) specifically, I refer here to things the person knows are evil by their conscience.
- Hardness of heart causes people to go through the motions of external shallow religion (Matthew 15:8).
- Hardness of heart causes people to overtly resist God. (Hebrews 3:10-12)
- Hardness of heart causes unforgiveness (Matthew 18:35).
- Hardness of heart in one spouse or the other, or both, leads to divorce (Matthew 19:8), which is a big problem for Army families these days.

So, what is the solution? For the unbeliever; it is to seek the Lord. For the person who was raised in the church, it is to return to one's roots.

Jesus said, "Come to me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Mathew 11:28-30).

There is great reward for softening your heart towards the things of the Lord. If you seek to soften your heart, and really ask the Lord for help, the following will likely happen.

- You will find freedom from bitterness caused by unforgiveness.
- You will experience forgiveness and freedom from addictions that make you feel worthless.
- You will see the Lord working in the circumstances of your life and often feel his presence.
- You will gain discernment in the spiritual and cultural conflicts going on around you.
- You will find a much better family love life.
- You will experience spiritual renewal.

If this article has stirred up a spiritual hunger in you, by all means contact your chaplain, or come out to one of the many chapel services on post this weekend.

Voices of Lightning: “What do you believe is our most valuable freedom?”



"...Freedom of speech. Our voice is our latitude that makes us be heard, and with speech comes action."

Capt. Princeten Wright
3-7 Field Artillery
S-3 Officer



"...Religion because we are allowed to believe in our own values and morals."

Jessica Rich
Family Member



"I think speech because it's our foundation in everything we believe in."

Staff Sgt. Ramon Collazo
1-25 Signal Battalion
Cable Installer



"Without speech we wouldn't be the country that we are."

Paula Bennett
AAFES
Engraver



"Freedom is the most valuable because we can come and go as we please, and that's priceless."

Staff Sgt. Chris Falletti
2-79 Engineer Battalion
Construction Operations

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Commander

Maj. Gen. Benjamin R. Mixon

Public Affairs Officer

Maj. Stacy M. Bathrick

Command Information Officer

Ed Aber-Song

Managing Editor

Aiko Brum

Editor

Sgt. Sean Kimmons

Photojournalists

Joy Boisselle

Sgt. Stephanie Carl, 17th PAD

SpC. Cheryl Ransford, 17th PAD

SpC. Dijon Rolle, 17th PAD

SpC. Juan Jimenez

Layout

Sueann Carter

Advertising: 521-9111

Editorial Office: 655-4816/8728
Fax: 655-9290
E-mail: e-mail the HAW direct at editor@hawaiiarmyweekly.com or edward.abersong@schofield.army.mil
Address: Public Affairs Office
Bldg. 580, Stop 215
Schofield Barracks, HI 96857
Web site: http://www.25idl.army.mil/haw.asp

29th Engineers train on Warrior tasks

Story and Photos by
Spc. Cheryl Ransford
*17th Public Affairs
Detachment*

Gunfire echoes through the air as Soldiers of the Headquarters and Headquarters Company, 29th Engineer Battalion, maneuver about the Command Sgt. Maj. Walter J. “Sabo” Sabalauski Combined Training Facility/Mount site on Schofield Barracks, June 21–22, engaging the “enemy.” According to the Soldiers Manual of Common Tasks (August 2003), Soldiers are required to know how to properly conduct 40 Soldier tasks, which include marksmanship, communication, joint urban operations and land navigation.

In 2004, Chief of Staff of the Army Gen. Peter J. Schoomaker put an emphasis on these 40 tasks, dubbing them “Warrior tasks.” Today, Soldiers are reminded of their importance with the “Warrior Ethos.”

The magnitude of these tasks comes from their ability to save a Soldier’s life on today’s battlefields.

While all Soldiers learn many of the Warrior tasks at basic training, once they get

to their units there isn’t always enough time for maintaining those skills.

To combat this challenge, the leadership of 29th Eng. Bn. spent several weeks working on a combination of simulated missions that would give its Soldiers a refresher course on their Warrior skills.

Throughout the first day of training, Soldiers from the 13th Military Police Detachment special reaction team walked the Soldiers through several scenarios at the Schofield Barracks MOUT site.

“In today’s Army, the Soldiers need to be able to function as infantry Soldiers, as well as be able to do their technical jobs,” said Capt. Robert Solorezano, HHC, 29th Eng. Bn. commander. “Knowing what to do when a situation arises can improve the reaction time of the Soldiers.”

Since the 29th Eng. Bn. is a topographical battalion — providing graphic representation of the surface features of a place or region on a map, indicating their relative positions and elevations to all U.S. forces throughout the Pacific theater — these Soldiers don’t always get the



Soldiers take cover behind HMMWVs during a simulated blocked ambush during MOUT training at Schofield Barracks, which is designed to teach them skills they may have to use when the time comes to deploy to Iraq or Afghanistan.

same amount of field training as other units.

To gain additional training for their Soldiers, the leadership scheduled training at the Schofield Barracks MOUT site because the facility brings realism to the training.

Soldiers conducted simulated missions that involved driving with night vision

goggles, clearing buildings, cordoning and searching, and moving from building to building, said 1st Lt. Jesse Jones, HHC, 29th Eng. Bn., executive officer.

With many buildings in close vicinity to each other — some of which are not much more than rubble — the squad filed down narrow hallways looking for the

enemy.

Soldiers watched out the windows, in case the “enemy” was in another building.

While one squad cleared buildings, another squad of Soldiers conducted convoy operations overcoming simulated obstacles like breakdowns and blocked ambushes.

The training covered a

wide area of skills, and Soldiers were anxious to learn.

“The learning curve out here is very steep,” said Jones. “But the Soldiers seem to be very receptive and learning quickly.”

Knowing how to properly conduct the 40 Warrior tasks can save lives, Solorezano told the Soldiers.

“Without proper training, you won’t know the right way to respond to different situations,” he said, “which could cause yourself or someone else to get hurt.”

While many of the Soldiers have yet to deploy to combat zones, the Soldiers are using the knowledge others have brought back from their deployments to better themselves.

“One of the sergeants in the unit has deployed to Iraq multiple times,” said Spc. Todd Brown, a generator mechanic with HHC, 29th Eng. Bn. “Because of what he has passed on to us about his deployments, I have learned to listen to those who have been in these types of situations before. They know what they are doing, and the information they can give you could save your life if you end up in any of these situations.”

Guam

From A-1

Africa.

“We’re surprising him. He doesn’t know we are here,” said Nichol Napoleon, whose husband, Spec. Richard Napoleon, was returning from near Djibouti City, Africa.

The Soldiers were tasked to provide force protection for units throughout the CJTF’s area of responsibility. Providing security to units performing medical and veterinarian civic programs, and civil affairs and engineering missions, allowed those units to carry out their vital missions without fear.

The Soldiers’ mission was also to assist with personnel rescues and to conduct mili-

tary-to-military training with African soldiers.

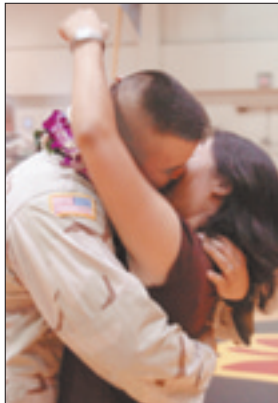
“These guys were well-trained for this mission,” said Lt. Col. Tommy Aflague, the former battalion commander of the returning troops.

“They were doing the same things prior to even going to Hawaii. We had a lot of experience with other militaries because we have done a variety of exercises like Balikaton, in the Philippines,” Aflague added.

Brig. Gen. Donald J. Gold-

Maritess Gogo throws her arms around her husband, Pfc. Jesse C. Gogo III during the welcome home ceremony.

horn, the adjutant general for the Guam National Guard, welcomed the Soldier’s home. Goldhorn is responsible for the 1,100



men and women of the Guam Army and Air National Guard.

Prior to their deployment, the Soldiers trained in Guam for three weeks and in Hawaii for seven weeks, and then participated in a mission readiness exercise at the Joint Readiness Training Center at Fort Polk, La.

The Guam Soldiers arrived at Camp Lemonier, near Djibouti City, Africa, on June 28, 2004, and arrived

back in Hawaii one year to the day later. They replaced Company B, 3rd U.S. Infantry Regiment, “The Old Guard,” and were replaced by another company from their battalion, Company B, 294th Inf. Regt. (L).

Nichol Napoleon, the family readiness group leader for Company A, said families and friends are planning a huge welcome home ceremony in Guam when their Soldiers finish their demobiliza-

tion process here in Hawaii.

Although the Guam National Guard has deployed in the past, this marks the first time this unit has deployed in support of a combat mission.

The CJTF-HOA oversees counterterrorism operations in the Horn of Africa for U.S. Central Command as part of the Global War on Terrorism, as part of Operation Enduring Freedom.



Nearly 150 Soldiers from Company A, 294th Infantry Regiment (Light) of the Guam Army National Guard, returned to American soil Tuesday, after serving a year in the Horn of Africa in support of Operation Enduring Freedom.

News Briefs

Small Business Forum

— The combined military forces are presenting the 3rd Annual Department of Defense Hawaii Small Business Forum, which will provide private firms and government officials the opportunity to see what types of services and supplies each is

looking for.

This forum will be held Thursday, July 7, at the Honolulu Country Club from 8 a.m. to 2:40 p.m. Registration costs \$30.

Call Newton Yuen, associate director for small and disadvantaged business utilization, at 438-1953, or e-mail Newton.Yuen@us.army.mil for more information.

Power Outage

— Dick Pacific Construction has scheduled a power outage on

Saturday, July 16, from 7:30 a.m. until 4 p.m. in several Schofield Barracks Family Housing units, at the AAFES Shoppette and Gas Station (Building 1167), and at selected military facilities. For more details, contact Roxanne Birch at 624-2003 or Lindy Kunishima at 624-4108.

The power outage is needed to remove overhead electrical lines.

Hui O' Na Wahine

— The spouses of the Hui O' Na Wahine of the 25th Infantry Division (Light) and U.S. Army, Hawaii, community request the pleasure of your company at their Welcome Reception for Mrs. John M. Bednarek and Mrs. Francis J.Wiercinski.

This welcome will be held at the Nehelani Club, Schofield Barracks, July 19 beginning at 10 a.m. Cost is \$12 per person.

Guests are asked to R.S.V.P. by July14 to Kristen Flynn at 624-8199, or Kelly Albert at 626-7455.

Patch Gate

— Fort Shafter has posted new hours for Patch Gate, which is the rear gate at Fort Shafter that allows access to Notley Street (which leads to Middle Street and North School Street in Kalihi). Patch Gate is an exit only gate for vehicles, motorcycles, mopeds and motor scooters, and an entry and exit point for pedestrians and bicyclists.

Gate hours are 6 to 8 a.m. and 3:30 to 6 p.m., Mondays through Fridays. The gate is closed at all other times, to include weekends and federal holidays.

For more information, contact the Fort Shafter Military Police at 438-7114.

McNair Gate

— McNair Gate, Schofield Barracks, will be closed from July 28 to 30 from 9 a.m. until 3:30 p.m.



Outgoing commander Col. Dick N. Pedersen (right, walking) performs one final inspection before passing command of 3rd Brigade to Col. Patrick T. Stackpole (left).

Stackpole takes command

Story and Photo by Sgt. Stephanie L. Carl
17th Public Affairs Detachment

Col. Patrick T. Stackpole grabbed the reigns of 3rd “Bronco” Brigade during a change of command ceremony at Sills Field, June 22. He most recently served as the 25th Infantry Division (Light) chief of staff.

“I have been watching your exploits from my vantage points at Bagram [Airfield, Afghanistan] and Fernandez Hall,” said Stackpole to the Soldiers standing in formation.

Comprised of three infantry battalions, an artillery battalion and a forward support battalion, as well as engineer, intelligence and signal assets, the 3rd Bde. recently returned from a yearlong deployment to Afghanistan. There, Pedersen served as the Regional Command South commander, overseeing his Soldiers in combat.

The Broncos fought diligently in Afghanistan, rooting out Taliban forces in the south, with one battalion working along the Pakistan border in the east.

The brigade also provided security during the momentous first democratic elections in Afghanistan, and supported reconstruction efforts and humanitarian aid that helped the Afghan people in their newfound freedom.

Other accomplishments of the brigade under Pedersen’s tutelage were Joint Readiness Training Center rotations and successful training exercises in Japan, Thailand, Australia and Guam. Under his leadership, the Soldiers of the brigade flourished, working hard every day to become better.

“Every one of these Soldiers standing out [here] today is there because they volunteered,” Pedersen said to the crowd in his farewell speech. “They want to be Soldiers. They want to serve in an infantry brigade. They readily accept the mission to remain ready for war and, if called, win.”

His final task as brigade commander, Pedersen joined Stackpole in an inspection of the troops, verifying that all the Soldiers were standing tall. Pedersen knew they would be, as his Soldiers always made him proud to be their commander, he said.

“It’s humbling to be in the presence of such people as they execute their Soldierly tasks. It is an honor for an officer to be given the opportunity to lead such selfless people,” said Stackpole, upon accepting the brigade from his predecessor.

“It’s my greatest honor to join your ranks today,” Stackpole said to his new brigade before they marched off the parade field, rendering honors to the commanders.

Upcoming leadership changes

Compiled by Public Affairs Office
25th Infantry Division (Light) and U.S. Army, Hawaii

The 25th Infantry Division (Light) and U.S. Army, Hawaii, community is invited to attend the change of command ceremonies taking place in July. Each will be preceded by an awards ceremony, 15 minutes prior to the change of command, and all will be held at Sills Field, Schofield Barracks, unless noted otherwise.

(Editor’s Note: Information listed is subject to change.)

Wednesday, 10 a.m. Fort Shafter, 29th Engineer Battalion Lt. Col. Steven Miles will relinquish command to Lt. Col. Christopher Benson.	July 11, 10 a.m. Command Sgt. Maj.Franklin G. Ashe will be honored in a Flying V ceremony.
Thursday, 10 a.m. 225th Forward Support Battalion Lt. Col. Flem B. Walker Jr. will relinquish command to Lt. Col. Charles Gibson.	July 12, 10 a.m. 125th Finance Battalion Lt. Col. Domenico Rossi will relinquish command to Lt. Col. Roosevelt Corpening.
July 8, 10 a.m. Pohakuloa Training Command Lt. Col. Fred S. Clarke will relinquish command to Lt. Col. Kimberly A. Rapacz at the PTA Headquarters Building.	July 13, 10 a.m. Brig. Gen. Francis J. Wiercinski, incoming assistant division commander (support) will be honored in a Flying V ceremony.
	July 14, 10 a.m. 84th Combat Engineer Battalion Lt. Col. Jeffrey Eckstein will relinquish command to Lt. Col. Richard Toy.

COC

From A-1

Long after train-up had begun, 2nd BCT received orders sending it to Iraq for a year, while 3rd BCT would still head to Afghanistan — only now the time was for a year, and the brigade would be joined by the division headquarters, which would lead the Coalition of more than 18,000 personnel.

“The best-laid plans sometimes change,” said Brown, “but the leadership of this division just pulled up their socks and got busy.”

And the division has stayed busy ever since.

Mixon will lead the division through its transformation to a more agile, deployable organization; a task that will require his extensive military knowledge and expertise.

He has served in a variety of leadership positions, ranging from an infantry platoon leader to assistant commander of the 82nd Airborne Division. He also served as chief of staff of the XVIII Airborne Corps, and has deployed to combat twice, once in Desert Storm, and most recently to Afghanistan.

Mixon knows and embraces the challenge that lies before him.



Sgt. Stephanie L. Carl

Above – Soldiers shoot off blank artillery rounds from 105 mm Howitzers during the ceremony.
Right – Lt. Gen. John M. Brown III (right), U.S. Army, Pacific, commander, hands over the Division colors to Mixon.

“I know I have a great responsibility during a dynamic and dangerous time in history,” he said.

Mixon’s goals are to “stay focused [and] work toward having the best-trained units in the Army, take care of the families and be a good partner to the local community.”



Sgt. Stephanie L. Carl



Spc. Juan Jimenez

Guidons and Soldiers from 25th ID (L) & USARHAW units present arms as part of the ceremony.

DA police get accredited

Story and Photo by
Spc Dijon Rolle
17th Public Affairs Detachment

FORT SHAFTER — Months of hard work, long hours and anticipation have finally paid off for police officers assigned to the Department of the Army (DA) Police Academy here.

The academy received its official DA accreditation, June 23. This historic move not only makes the Fort Shafter academy the first DA-accredited Police Academy in the Army, but throughout the Department of Defense.

The academy will be responsible for training all DoD law enforcement agents in the Pacific region, which includes Hawaii, California and Alaska.

DA police are excited about the news and see the accreditation as a major milestone for the academy and the department.

“This ensures that all of our police officers are trained to the same standard,” said Maj. Richard D. Thompson, DA police chief. “No matter where they serve, they’ll be well-trained and highly capable of performing their duties and protecting everyone living and working on military installations.”

The major area the group focused on while preparing for the accreditation review was standardizing training while following DA regulations.

Sgt. Danny Car, DA police academy instructor and former Army military police officer, sees the accreditation as only the begin-



Courtesy Photo

Trainees at the DA Police Academy practice hand-to-hand combat techniques during their nine-week academy.

ning for the Academy.

“We’ve all worked hard to get to this point, and now it’s like we’re at the bottom of the hill. It’s time to dig in and work our way up to the top.”

The accreditation is also having an internal impact on the police officers themselves.

Col. Roderick G. Demps, Military Police Brigade-Hawaii commander, sees the decision as a way to help further strengthen the relationship between Army military police and DA police officers.

“This is going to help standard-

ize law enforcement training as a whole and help to unify all of the services. It’s something that we’ve needed for a long time,” Demps explained. “Now that we have our accreditation, the next step is to continue to improve the products we produce at the Academy.”

The DoD Police Company, Fort Shafter, Hawaii has detachments at Fort DeRussy, Schofield Barracks, Waianae Army Recreation Center and the Pohakuloa Training Area. The police academy’s first accredited class will begin training July 25.

Senior leadership learns the ins, outs of transformation

Kendrick Washington
Public Affairs Office,
25th ID (L) and USARHAW

More than 400 Soldiers in the rank of staff sergeant and above at Schofield Barracks spent four days learning about Army transformation and its impact on the 25th Infantry Division (Light), June 21. Each was attending Warrior University, designed to familiarize mid-level and senior leaders with various elements of the new Stryker Brigade Combat Team, or the SBCT.

Warrior University is the first of five leader-training programs that Soldiers will experience to help them with the transformation process. General subjects included the SBCT Overview and look at the conduct and nature of war; topics such as reconnaissance, surveillance and combat service and support tackled more in-depth material.

Lt. Col Roger McCreery, Training and Doctrine Command Forward Cell Hawaii chief, said “Warrior University is the first doctrinal immersion into SBCT for the Soldiers.”

He noted that the purpose is to teach Soldiers doctrine, organization, mission, capabilities and limits.

Instructors teaching Warrior University classes come from Schofield Barracks as well as from other mainland units that have undergone this transformation, added McCreery.

“Having leaders who have experi-

enced what Schofield Soldiers are about to go through will hopefully ease their minds and help them to realize — although transformation is a difficult and sometimes complicated process — it can be done, and in the long run, it will make them a faster, more lethal fighting force,” McCreery pointed out.

With hours of briefings, hundreds of PowerPoint slides, and countless pages of reading material, McCreery said transformation requires absorbing a good deal of information over the course of a few days.

“There’s really no way for anyone to retain all of this info, but we have a lot of resources,” McCreery explained. “We’ve provided them with CD-ROMs, copies of the briefings, and there’s even a Web site they can go to.”

The Web site McCreery is referring to, called “the Stryker Transformation Collaboration Portal,” is a place for leaders to review Stryker doctrine and the latest tactics, techniques and procedures, or TTPs.

Although Warrior University was targetted for Soldiers, an evening session was set aside for community leaders, who took the opportunity to learn what transformation means for their respective communities. The session also gave community leaders a chance to ask questions.

The transformation from a standard infantry brigade to a Stryker Brigade Combat Team here will take approximately 20 months.

325th FSB offloads, then convoys back home

2nd Lt. Anna Ngo
Company C,
325th Forward Support Battalion

FORD ISLAND — Soldiers of 325th Forward Support Battalion (FSB) received their redeployed equipment from Operation Enduring Freedom V here June 19–20.

The download of their equipment from the SS Northern Lights, and then subsequent convoys to Schofield Barracks, signifies the closure of the redeployment and the beginning of the transformation from a Forward Support Battalion to a Brigade Support Battalion (BSB).

“Receiving the bulk of our returning equipment from Afghanistan enables 325th FSB to transition to begin to reset our capabilities to better support the 3rd Brigade Combat Team on our road to transformation,” explained Lt. Col. James Hess, 325th FSB battalion commander.

The download provided the opportunity for Soldiers at all levels to exercise their talents and abilities to conduct ship offload and convoy operations. However, although equipment survived the two-month trip from Afghanistan, most is in

need of repair after the yearlong deployment and arduous journey from another hemisphere.

“Equipment is the centerpiece to accomplishing the mission,” said Capt. Adam Kuhn, Headquarters and Company A commander. “Now that we have our equipment, we can start rebuilding the unit for transformation.”

“It’s a relief to have the equipment back,” added Capt. Ryan Eckmeier, Company C commander. “We were apprehensive without the equipment, anxious for it to come so that we can start fixing it and begin our daily operations.”

The downloading process posed a challenge as some vehicles would not start. Several Soldiers, however, noted that mechanics promptly directed their attention to these vehicles, which resulted in immediate performance from expert maintenance. All in all, despite several obstacles, the downloading process and convoy operations here proceeded quite successfully.

The battalion’s transformation from an FSB to a BSB should be completed come fall and winter of this year.



The 325th Forward Support Battalion redeploys equipment from Afghanistan at Oahu’s Ford Island.

Army divers search waters of Vietnam for MIA wreckage

1st Lt. Charles Denike
Executive Officer,
7th Engineer Detachment (Dive)

A 30-day deployment to Vietnam in support of the Joint POW/MIA Accounting Command, or JPAC, recently concluded a successfully after months of preparation and training.

Army divers from the 7th Engineer Detachment (Dive), 29th Engineer Battalion (Topographic), 45th Corps Support Group (Forward), finished groundbreaking underwater survey and diving operations in Vietnam in support of JPAC, which is headquartered at Hickam Air Force Base.

The dive mission was one of many humanitarian missions sponsored by JPAC, worldwide, to locate, recover and identify personnel still missing in action from service to the United States. As well, this 81st Joint Field Activity mission could be called a truly joint endeavor, containing elements from all four branches of service.



Army divers from 7th Engineer Detachment (Dive) prepare to search waters in Vietnam for wreckage.

Marine Capt. Mike Taylor, a team leader for JPAC, led the underwater investigations team of divers from the Army’s 7th Engineer Detachment (Dive), the Navy’s Mobile Diving and Salvage Unit One, and the Navy’s Explosive Ordnance Disposal Mobile Unit One team.

1st Lt. Charles Denike and Staff Sgt. Matt Hayden led seven Army divers and five

Navy divers from Fort Shafter, Hawaii, to Vietnam to locate aircraft wreckage on three suspected crash sites in the Gulf of Tonkin.

The teams worked from two different shore locations and surveyed 12 square kilometers of sea floor over three separate crash sites. They used side-scan sonar and marine magnetometer equipment, and that survey mission alone proved to

be the most comprehensive underwater survey ever conducted by JPAC in Vietnam.

Hayden and Staff Sgt. Mike Vaughan supervised numerous dives that accumulated more than 17 hours of bottom time. The dive team deployed pairs of SCUBA divers from Zodiac inflatable boats, and a Vietnamese border defense vessel, to conduct bottom searches and verify suspected targets after receiving positive “hits” with the side scan sonar.

Unfortunately, many of the suspected targets were buried deep below the silt and impossible to get to.

Towards the end of the 30-day mission, however, teams located an aircraft wing section proving to be the most significant discovery for the underwater investigation team.

Divers experienced some cultural differences between the United States and Vietnam. Still, they emphasized they enjoyed several dinners and sporting activities with local Vietnamese, and their visit to a Vietnamese school where they discussed their jobs and culture with kindergarteners and teachers.

The team also took advantage of a rare opportunity to interact with veterans from the Vietnam War — the war the veterans referred to as the “American War.” Some Vietnamese veterans had actually witnessed the aircraft crashes, so they provided dive teams with information to narrow down search areas.

Other veterans just wanted to talk about the past war and share their experiences with the new generation of Ameri-

can military personnel.

Dive teams returned home to Oahu via Hickam Air Force Base this month, after a brief layover in Da Nang, Vietnam, and Pattaya, Thailand. At those locations they completed after-action reviews and closing reports for the 81st JFA.

The groundbreaking JPAC mission begins a set of programmed trips to Vietnam to conduct underwater searches of suspected locations for downed aircraft from the Vietnam War.

As a follow on to this mission, JPAC is already forecasting a return trip to the area. That mission will carry out more extensive surveys and salvage operations on the sites that have already been identified and located using Global Positioning System coordinates.

Maintenance course equips junior leaders

Story and Photos by
Capt. Kevin A. McQueary
65th Engineer Battalion

The 65th Engineer Battalion is gearing up to give its last iteration of the Junior Leader Maintenance Course before the battalion deactivates and transforms into the 3rd Infantry Brigade Combat Team's Brigade Special Troops Battalion.

The concept for this course was developed by the former command sergeant major of the 65th Engineers, Command Sgt. Maj. Jorge Gutierrez, with support from Chief David Ammons, as a way to prepare non-maintenance leaders to oversee operator maintenance programs, particularly in light of transformation.

Operator maintenance is the backbone of the Army Maintenance Program. With rapid and widespread shifting of personnel throughout the 25th Infantry Division (Light), quality operator maintenance has become even more important in helping to reduce complications due to upcoming changes.

The course is a way to prepare junior leaders, noncommissioned officers and officers alike on maintenance procedures in the U.S. Army. It is a combination of classroom and hands-on instruction, complete with a hands-on and written exam at the end of the course.

The curriculum goes into remarkable detail on the subjects of maintenance operations and procedures, environmental and maintenance safety, risk assessment, motor pool operations, periodic maintenance checks and services (or PMCS), the Army Maintenance Management System, the Unit Level Logistics System-G, licensing and dispatching procedures, battle damage assessment and repair (BDAR), and vehicle recovery.

Additionally, outside sources of logistics support training (such as representatives from the Defense Logistics Agency) are brought in to

teach Soldier-students what is available to them for overall logistics support, as well as how to use the resources.

"The highlight of the training was conceived by my NCOIC, Sergeant First Class Cynthia Johnson," said Ammons. "She conceived the 'maintenance rodeo' in which we combine PMCS, dispatching and convoy procedures, risk assessment, BDAR, and vehicle recovery in a single outstanding training session."

For the maintenance rodeo, students left the classroom and executed their training with actual equipment. After completing a thorough and competent PMCS, each team of driver and TC (vehicle commander) followed through dispatching procedures in preparation for roll out.

All teams and vehicles created a convoy and moved up Kolekole Pass to the engineer training grounds where they simulated battle damage and vehicle breakdowns to test their skills at BDAR and vehicle recovery in a realistic environment, sans enemy threat.

"The objective of this training," said Johnson, "is that when Soldiers leave this course, they will be prepared to develop a great operator PMCS program, which truly is the backbone of the Army Maintenance Program."

"I'd recommend every junior leader take this course," said 2nd Lt. Mark Gillman, a platoon leader with the 65th Engineers and a graduate of the inaugural class. "I didn't realize how much there is to know about maintenance. I feel so much more capable of managing my equipment now."

The next five-day course will be July 18 – 22. The course is open to all junior leaders in the division, but seating is limited, so applicants must contact Chief Ammons or Sgt. 1st Class Johnson at 655-2879 to reserve a slot. (E-mail Ammons at ammonsdn@schofield.army.mil.)

Presently, classes are expected to continue on a bimonthly basis.



Above – Instructor Sgt. Phillip Holliday supervises a team preparing their vehicle for extraction from an ill-advised river crossing.

Left – 2nd Lt. Mark Gillman watches his driver verify safety checks, while a Junior Leader Maintenance Course evaluator waits for them to say they've completed the operation.



Spc. Cheryl A. Ransford

Deactivating at 2-25

The guidon for Company F, 2nd Battalion, 25th Aviation Regiment is cased during a deactivation ceremony June 23 at Wheeler Army Air Field. Companies E and F were stood up to provide additional support to the battalion during their deployment to Afghanistan.

PCS

From A-1

Barracks on time due to the bottleneck of inbounds and outbounds.

Some Soldiers could have their orders pushed back because HRC is continuing to abide by the priority listing.

The TCS program serves 300 Soldiers per rotation that starts every two weeks. Soldiers go through their unit S-1 to be assigned to the roster for a TCS meeting, and they are provided with required packets of information. Briefings take place every two weeks on Thursdays at 1 p.m. at Sergeant Smith Theater. The next TCS briefing is July 14.

"We can only serve so many for each TCS session," said Elston. "Last couple of rotations [we reported] no-shows ... to the Soldier's Unit S-1s so that the commanders are aware.

"After TCS you can schedule your POV [privately owned vehicle] drop-off date and you can go to Carlson wagonlit to begin travel arrangements."

"There are fifteen to eighteen moving services under contract with the military on Oahu," said Victoria Tuggle, chief of Personal Property and Travel, "but the moving companies don't have the staffing to handle such an increase from a typical housing moving season. Right now, the Army has the biggest impact on the capacity of the companies to handle all of the other branches of service on the island with their moving needs."

A "drop-off" option is available for Soldiers pressing to get their household goods (HHGs) off island in a timely manner. The program is intended for single Soldiers who do not have excess HHGs. Married Soldiers without families here who have smaller shipments may also benefit from a drop off.

"Soldiers need to understand that when you turn down what is offered, you are no longer considered a priority," Tuggle explained. "The same goes for if you miss your appointments or pick-up dates."

Soldiers PCSing can make things faster for

themselves if they combine HHGs pick ups and unaccompanied baggage too. Otherwise, another appointment is added into an already overloaded schedule.

Hours of operation have changed to accommodate the busy PCS season.

"We're looking at ... working from 6 a.m. to 10 p.m. weekdays, 6 a.m. to 8 p.m. on Saturdays," said Tuggle. "With moving company contracts, it's very rare to approve overtime pay for them, but the need is so great we received approval to have Saturday pickups through the end of August."

Going hand-in-hand with household goods demands is the increase in POV processing to and from Oahu.

"The average processing amount for a month is 1,500 POVs. Projected processing statistics for June alone are over 2,850," said Jerry Hay, vehicle processing regional program manager for the Military Service and Distribution Command. "Historically, the Army makes up for 33 percent of all vehicle movement. Right now it's 46

percent; 50 cars per day is our average," he continued. "To help expedite the growing need, we're up to 130-150 a day."

"All of the agencies that touch the Soldiers in the process have really bent over backwards to help them; the staffs from Central Issue Facility (CIF), TCS, TRANSPO, Medical and dental, housing, lodging, finance, out processing, the transition center, Army Career and Alumni Program (ACAP), army Community Service (ACS) and the Army Component Intelligence Officer (G2)" said Elston.

"TCS is an excellent program for Soldiers. They're being tracked, they have more visibility within their unit, and when they come to TCS, they can schedule appointments with 12 separate services — rather than spending the day running around post, or hours on the phone on your own."

TCS will continue until August/September or longer if warranted. For more TCS information, contact Jo Brostron at 655-0104 or Vanessa Finch at 655-0107.

Former POW hails health care grads

Briana Kaya
*Pacific Regional Medical Center
Public Affairs Office*

HONOLULU — Former POW and Tripler graduate Dr. Hal Kushner served as keynote speaker when Tripler Army Medical Center graduated 110 health care professionals at a flagpole ceremony June 17.

The interns, residents and fellows said they enjoyed Kushner’s recounting of the important “intersections” in his life, including his internship at Tripler and his emotional reunion after surviving five years as a POW in Vietnam. Kushner is a retired colonel in the U.S. Army Reserve.

Kushner’s recollection of imprisonment brought tears to many in the audience. He recalled the helicopter crash that began his ordeal, a multitude of injuries, constant sickness, the death of those around him, beatings and coffee cups of rice contaminated with rat feces.

Graduating interns said Kushner’s retelling about American captives who shared tiny amounts of rarely provided candy with one mentally challenged stranger – a stranger who was shunned by his own people, Kushner said – touched them deeply. The former POW used the memory to remind the graduates what they must stand for.

He emphasized to graduates what phrases he clung to: “No obstacle is too great,” “I live in the best country in the world,” and “We must pay the cost of freedom.”

At the end of Kushner’s address, a statement issued by Mayor Mufi Hannenman, pronounced June 17 as “Dr. Hal Kushner Day.”

Following remarks, Tripler Army Medical Center honored the accomplishments and presented awards to many graduates.

The graduating class consisted of 97 physicians, eight psychologists, three pharmacists, one oral/maxillofacial surgeon and one health care administrator.



Kushner

Hanoi conference bridges barriers

Briana Kaya
and Margaret Tippy
*Pacific Regional Medical Center
Public Affairs Office*

HONOLULU — More than 300,000 lives were lost and more than one million people were left homeless when the devastating tsunami hit Dec. 26, 2004, in the Asia-Pacific region — one of the major natural disasters of modern times.

Help was desperately needed from the world, and the world responded. However, immediate communication was critical, though no time was available for people from different countries to get to know one another.

Still, countries moved quickly, thanks in part to their participation in past conferences hosted by the U.S. Army Pacific’s Asia-Pacific Military Medicine Conference (APMMC).

For 15 years, conferences have been held in different countries, building relationships in the Asia-Pacific region to assist in responding to just such situations. This year’s APMMC was held in Hanoi, Vietnam, and co-hosted by the People’s Army Vietnam and USARPAC.

"Nowadays, the primary theme for ‘Military Health - Friendship and Cooperation’ is to enhance and expand cooperative relationship for each respective military health service," said Maj. Gen. Cuong Tien Chu, director, Military Medical Department, People’s Army of Vietnam.

Lt. Gen. John M. Brown III, commanding general, USARPAC, thanked the Vietnamese for co-hosting the conference. More than 600 delegates attended from more than 25 countries.

“...More and more as we enter in to responses to crises, we do so multilaterally,” Brown said. “More often it is global [rather] than bilateral. ...No nation by itself can do it.”

Many of those in attendance



U.S. Army Photo

Vietnamese delegates work with a Laerdal representative on a simulation model during a half-day Trauma Workshop at the 15th Annual Asia Pacific Military Medicine Conference in Hanoi, Vietnam.

were from countries that had experienced earthquake and tsunami devastation. They are still rebuilding.

The theme of the 15th annual conference was “Military Medicine: Cooperation and Friendship,” and according to remarks from many of the delegates, the conference lived up to its mission.

Maj. Gen. Achmad Hidayat of Indonesia’s Kapukes, Indonesia Armed Forces Headquarters, was interested in focusing on “the tsunami relief efforts and the civilian military relief cooperation that has been very good.”

Conference topics included medical readiness and interoperability, environmental medicine,

ON THE WEB

Visit www.apmmc.org for more conference information.

medical aspects of humanitarian mission deployments, and technological advances in telemedicine. Also, Laerdal Inc., Asia, and Laerdal Inc., U.S., sponsored a half-day trauma workshop for about 50 selected Vietnamese and other delegates that was well received by participants.

“Simulation training techniques are an integral component of U.S. Army medic programs,” said Dr. (Col.) Benjamin Berg, scientific committee coordinator, and Tripler Army Medical

Center’s chief of the Directorate of Health Education and Training. “Simulation training represents an opportunity to engage across language and cultural barriers and to enhance international medical education activities,” Berg added.

“We are all human ... we don’t want different things ... we want safety, we want security, we want to be able to care for our loved ones ... when we look at our humanness we are very, very similar,” said Maj. Gen. Gale Pollock, U.S. Army Pacific Command surgeon and commanding general of the Pacific Regional Medical Command.

India is scheduled to co-host next year’s conference.

Safety

From A-1

for short distances. Remember, alcohol impairs judgment, leads to overconfidence and encourages foolish risk-taking. Therefore, drinking alcohol and participating in any activity requiring calm, rational decisions do not mix.

Water Activities

Whether in a boat, at the beach or by the pool, the most important piece of safety equipment you should possess is a personal floatation devise, or PFD, such as a life jacket.

For the safety of children around water, never allow inflatable toys or rafts to take the place of a PFD, and never allow a PFD to take the place of an adult supervisor. The second most important safety item is plenty of sunscreen. Remember, swim only where there are life-guards present, and use the buddy system.

Surfers and scuba divers should follow this advice, too.

Barbecues

Picnics and backyard barbecues are a big Fourth of July tradition, but make sure you barbecue your food — not yourself or somebody else.

If your grill uses charcoal, remember to use only approved charcoal fire starters, and follow the directions. Never add “a little squirt more” after you have already started the fire or your coals are starting to die.

If you use a gas grill, make sure your connections between the tank and grill are tight, to avoid any leakage.

Military and civilian leaders are the key to heightening the off-duty safety awareness of all personnel. Therefore, conducting safety briefings prior to this holiday period and providing courtesy POV/motorcycle safety inspections are examples of effective accident prevention efforts.

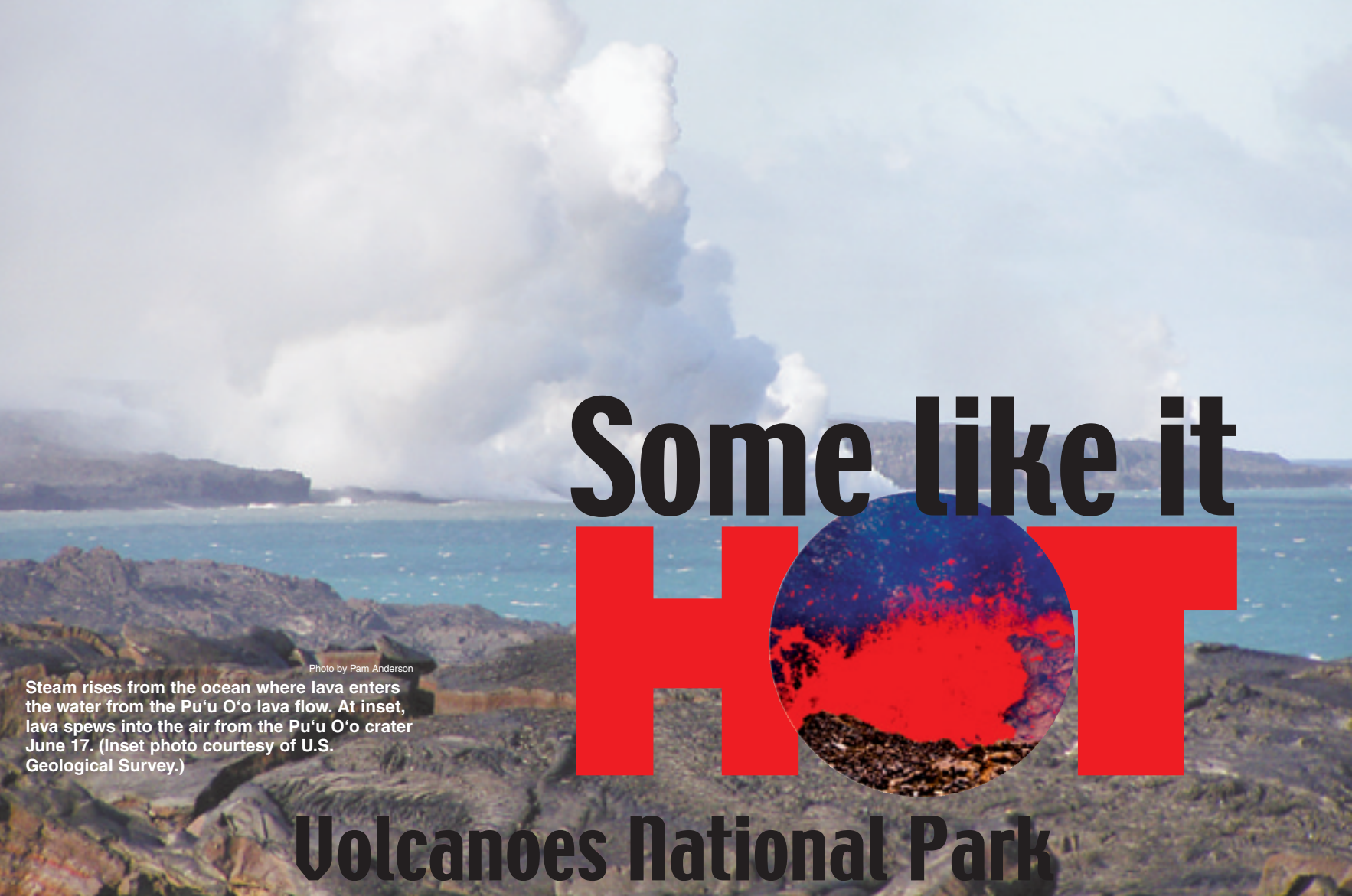
Your first step in planning an enjoyable holiday is to incorporate safety into your plans.

Did You Know?

Fireworks of any kind are illegal anywhere on U.S. military installations in Hawaii.

However, when using fireworks off post, it's important to always read and follow directions on the fireworks package and heed the below safety tips.

- Always have an adult present to supervise fireworks activity.
- Always buy from a reliable fireworks dealer.
- Alcohol and fireworks do not mix.
- Always use fireworks outdoors, away from homes, dry grass and trees.
- Always keep a water hose close by, in case something catches fire.
- Always store your fireworks safely, preferably in a closed box, away from any source of accidental ignition.
- Always store your fireworks in a cool, dry place.
- Only light one item at a time.
- Never try to re-ignite malfunctioning fireworks.
- Never give any firework item to small children.
- Never throw or point fireworks at another person.
- Never carry fireworks in your pocket.
- Never shoot or fire fireworks from metal or glass containers.
- Never experiment, modify or attempt to make your own fireworks.
- Keep pets indoors while enjoying fireworks, as loud noises and bright flashes frighten pets.



Steam rises from the ocean where lava enters the water from the Pu'u O'o lava flow. At inset, lava spews into the air from the Pu'u O'o crater June 17. (Inset photo courtesy of U.S. Geological Survey.)

Photo by Pam Anderson

Some like it HOT

Volcanoes National Park

Master Sgt. Terry Anderson
NCOIC, Public Affairs Office
25th ID (L) and USARHAW

KILAUEA, Hawaii — Volcanoes National Park offers Soldiers and their families a unique, once in a lifetime opportunity to see an erupting volcano here.

Established in 1916 as the nation's thirteenth national park, the park delivers spectacular sights of active volcano and lava flows, diverse terrain and climate, and an opportunity to experience Mother Nature's power first hand.

The Big Island has been compared to a mini-continent because of its range in climate and geology. Amazingly, eleven of the earth's 13 climate zones are found here. For this reason, weather at Volcanoes National Park, can be much cooler and unpredictable than Oahu residents expect.

The park's elevation at 4,000 feet above sea level makes a jacket and warm clothing a necessity.

Kilauea Volcano, Hawaii's youngest volcano, is the park's main attraction. Erupting for the first time between 300,000 to 600,000 years ago, it is still one of the world's most active volcanoes. According to the U.S. Geological Survey, Kilauea erupted 34 times since 1952, and has erupted consistently since 1983.

Ways to explore

The first stop for volcano enthusiasts should be the Kilauea Visitors Center. It features exhibits on how the volcano chain formed the Hawaiian Islands and information on native plants and animals.

Knowledgeable park rangers, at the center, stand ready to help visitors find the best lava flows. Even more importantly, these rangers provide valuable safety and preparation tips for seeing the park without incident.

Those looking for a low-impact, quick way

to see Kilauea should start with Crater Rim Drive. This 11-mile loop circles Kilauea's summit caldera and craters, passes through a rain-forest and a desert, and offers visitors well-marked access to several scenic stops and short walks.

The Kilauea Iki crater gives visitors a breathtaking view of the area where a famous eruption took place in 1959. Lava fountains spewed more than 1,900 feet into the air, creating mountains of lava around the crater.

A popular stop on the drive is the Thurston lava tube. Visitors can literally take an exciting, 20-minute walk through this prehistoric lava tube. Claustrophobic visitors may find this experience a little nerve-racking.

Along Crater Rim Drive are several lava fields. One large field, formed from an eruption in September 1982, gives visitors a chance to feel the smooth pahoehoe lava and see the interesting, ropy formations left behind.

For more adventurous types who want to see, smell and feel the heat of an active volcano, the Pu'u O'o lava flow is a "must see." From Crater Rim Drive, visitors should take the Chain of Craters Road and head south approximately 19 miles.

Chain of Craters Road descends 3,700 feet to the coast. Along the route, there are many opportunities to hike across lava fields, see craters, and view ancient Hawaiian petroglyphs.

Seeing the lava

In 1983, lava "swallowed" Chain of Craters Road approximately three miles from where lava enters the ocean. Lucky hikers may be able to park within a hundred yards of the trailhead

leading to lava viewing areas. Unfortunately, there is no designated parking, so hikers must park along the road.

The six-mile roundtrip hike takes about four hours and is very strenuous. Being in decent physical condition is a must. The hike's first half-mile is over a marked trail on smooth lava, and on what's left of Chain of Craters Road. The remaining hike is over some rough terrain. Care must be taken to avoid injury.

For this reason, preparation is key. Wear good hiking shoes, a hat, plenty of sunscreen, and bring a backpack with at least two quarts of water per person, and a first aid kit. Check with park rangers at the trailhead to find out the conditions of the lava flow, and for any other safety information needed.

Finally, the best time to visit the active volcano is at dusk when bright red flashes clearly signal lava meeting ocean. For this reason, rangers recommend hikers carry flashlights with extra batteries for the early evening hike back to their cars.

During the day, the lava flowing from Pu'u O'o isn't readily visible because it winds through underground tubes to the ocean. But at night, the hillside lights up like a small city, and the lava entering the ocean gives hikers a magnificent light show.

To get a good view of the lava hitting the saltwater, hikers must walk over the top of the underground lava tubes. The sulphur fumes can be overwhelming at times, burning the nose and eyes, and its heat can be felt through

shoes.

Although the conditions are daunting, hikers who tough it out will find lava lookouts to perch on and enjoy the view.

This location is a great stop for a 20- to 30-minute break to marvel at nature's light show before the two-hour walk back to your car by flashlight. The trek will leave most exhausted, but also exhilarated.

On a cautionary note, while visitors may be tempted to take a souvenir of their trip to the volcanoes, collecting lava rocks, plants, and animals from the park is strictly prohibited. Locals believe that the Hawaiian volcano goddess Pele curses those who remove lava from the island with bad luck. Each year, thousands of lava rocks are mailed back to the park from tourists who claim to have been cursed.

Getting there

A short 45-minutes flight from Honolulu to Hilo International Airport provides visitors with spectacular aerial views of Moloka'i, Maui, Kaho'olawe and Lana'i. The park is located 28 miles from the airport and admission is \$10 for a seven-day period.

Lodging around Volcanoes National Park is plentiful, with several bed and breakfast inns and the famous Volcano Lodge. Check first for availability with the Kilauea Military Camp, located within Volcanoes National Park.

KMC features 77 one-, two-, and three-bedroom apartments and cottages just minutes from the crater. Call 438-6707 to make reservations.



Photo by Pam Anderson

A lone speed limit sign is all that's left after lava from the Pu'u O'o Crater swallowed up Chain of Craters Road.



JULY

2 / Saturday

Latin Nights at Tropics — Relax and dance the night away to the rhythm of Latin music, tonight and July 18 at the Tropics. Dancing begins at 8 p.m.; call 655-8522 for more details.

3 / Sunday

Sunday Brunch at Hale Ikena — Enjoy a prime rib carving station complimented by a diverse range of Pacific Rim, Asian and Hawaii cuisines. Groups and large parties are welcome.

Brunch is served from 10 a.m. to 1 p.m., and cost is \$19.95 per adult. Reservations are recommended; call 438-1974.

Sunday Brunch at Reggie's — Enjoy a delicious brunch buffet featuring French toast, eggs and waffles, plus a variety of hot lunch entrees from 10 a.m. to 2 p.m. Cost is \$12.95 for adults, and children's prices are available too.

Call 655-4466 for more information.

4 / Monday

Fourth of July Spectacular — The Army's 34th annual Fourth of July bash is free and open to the public. This event will run from 9 a.m. to 9 p.m. on Sills Field, Schofield Barracks, and the celebration includes ono food, fun and fireworks.

Traffic may be congested and parking will be limited; therefore, only right turns will be allowed exiting Lyman Gate. Only left turns will be allowed exiting Foote Gate.

McComb and McNair Gates will allow both right and left turns, and Wheeler's Kunia Gate will be open for vehicles with decals only.

Kolekole Pass will be closed., and residents of Schofield Barracks are encouraged to walk to Fourth of July festivities due to limited parking available. Pets and high back chairs will not allowed.

Low back sand chairs are allowed; however, blankets should be preferred for seating.

Visit www.mwrarmyhawaii.com or call 656-0111 for more details.



Fourth of July at Schofield Barracks

- 8 a.m., late registration and packet pick-up for runs
- 9 a.m., 5K Fun Run
- 10 a.m., Children's 1-Mile Fun Run
- 10 a.m. to 7 p.m., crafts and new products bazaar
- 10 a.m. to 6:30 p.m., pony rides
- 10 a.m. to 7 p.m., game booths
- 10 a.m. to 8 p.m., xtreme fun inflatables and rides
- 10 a.m. to 9 p.m., food booths
- 11 a.m. to 4 p.m., Oceanic

Stage entertainment

- 12 p.m., Kalaeloa
- 1 p.m., Courtney and Friends
- 2 p.m., Tani Lynn and Jordan Segundo
- 3 p.m., Opihi Pickers
- 5 p.m., flag retreat
- 5:05 p.m., "From Broadway to Iraq" Act I
- 6:30 p.m., Salute to Units: Global War on Terrorism Ceremony
- 6:55 p.m., grand prize drawing for Mazda B2300 pickup truck
- 7 p.m., "From Broadway to Iraq" Act II
- 25th ID (L) Band and "1812 Overture"
- "The Flags We Follow"
- 8:30 p.m., fireworks



Photos Courtesy of Marine Corps Community Services

BayFest entertainment

KANEOHE BAY — Marine Corps Base Hawaii will open its gates to the public for BayFest 2005, featuring (from top, clockwise) rock 'n rollers Lynard Skynyrd, rap metal masters Papa Roach, the Bathtub Regatta, country slinger Brad Paisley and country rocker Montgomery Gentry. See below for more details.

Reggie's Fourth Specials — Enjoy the cool setting and a traditional Fourth of July meal at Reggie's. On the menu will be St. Louis style ribs, barbecue chicken, corn-on-the-cob, garlic mashed potatoes and rolls.

Lunch and dinner will be served from 11 a.m. to 8 p.m., and cost for adults will be \$9.95 Children's pricing is available too. Call 655-4466 for more information.

5 / Tuesday

Barnyard Animals — Visit with live animals such as chickens, a miniature horse, goats and others at the Fort Shafter Library today; Sergeant Yano Library, Wednesday; and the Aliamanu Library, Thursday.

All events will take place at 3 p.m. Call your nearest library for more details.

Preschool Story Time

— Give your child an opportunity to love books by participating in the next story time program today at the Fort Shafter Library. Sessions will also be held Saturday at Sgt. Yano Library and Thursday at the Aliamanu Military Reservation Library. Start time for all sessions is 10 a.m.; call your nearest library for more information.

6 / Wednesday

Basic Wheel Throwing — Gain insight and learn the techniques of managing a pottery wheel. This course consists of four sessions at a total cost of \$35, and classes begin today at the Fort Shafter Arts and Crafts Center at 6 p.m.

Classes will continue each Wednesday; call 438-1315 or 438-1071 for more

information.

8 / Friday

Summer Camp — Meet new people, go on field trips and have fun. The Schofield Teen Center is sponsoring a Middle School Teen Summer Camp and applicants are now being accepted.

Register until July 8 at Resource and Referral. Cost is \$25 per week; call 655-0451 for more information.

9 / Saturday

Yu-Gi-Oh Tournament — Get ready to duel at the Tropics. Registration will get underway at 1 p.m. for the Yu-Gi-Oh tournament. The contest will start at 2 p.m. and cost is \$6, including Yu-Gi-Oh merchandise.

Prizes will be awarded, and all ages are welcome. Call 655-0002 for more details.

11 / Monday

Kinderpop Kindergarten — This transition class for preschoolers and kindergarteners includes getting-along activities, story time, learning and singing songs, nursery rhymes, letter and number writing, tracing, counting and much more.

The class is open to children entering kindergarten in the year 2005 – 2006. This readiness class will be held July 11 - 15 from 8:30 to 10:30 a.m. Cost is \$65, and space is limited.

Registration is first come, first served, so call 655-5314 to get a spot.

12 / Tuesday

Steak Night at Reggie's — Enjoy a sizzling steak cooked on the grill with a tossed salad, baked potato, rolls and vegetables. Dinner is served from 5 to 8 p.m., and cost is only \$11.95 for adults. Call 655-4466 for more information.

Flying a Kite — Participate in a kite-making workshop conducted by High Performance Kites from 9:30 to 11:30 a.m. at the Tropics. You can create your own kite design for only \$1.50 for all supplies. Register by calling 655-8522.

Bungie the Clown — Don't miss Bungie the Clown at your nearest library. Bungie will visit the Fort Shafter Library today; Sgt. Yano Library, July 13; and AMR Library, July 14.

All appearances begin at 3 p.m.; call your nearest library for more information.

14 / Thursday

Bike Festival — Get a bike check-up and test your skills riding at the Tropics. Enjoy contests, door prizes and tips on bike riding. This program begins at 2 p.m., so sign-up today at 655-8522.

Community Calendar

JULY

1 / Today

Thrift Shop — The Hui O Na Wahine Thrift Shop on Schofield Barracks will be closed for cleaning and renovations the month of July. However, donations will still be accepted during the closure. Direct questions or concerns to 624-3254.

BayFest at Kaneohe Bay — Join the convoy of festgoers to Kaneohe Bay, today through Monday as this year's BayFest is offering quite possibly the biggest headlining musical entertainment the island will have to offer.

Live on the stage will be Grammy-nominated mainland chart toppers Papa Roach (today at 9:15 p.m.), the high-powered country duo Montgomery Gentry (Saturday at 9:15 p.m.), country strumming and singing sensation, Brad Paisley (Sunday at 9:15 p.m.), and unquestionably one of the most influential bands in rock 'n' roll history, Lynyrd Skynyrd (Monday at 9:15 p.m.).

BayFest features fireworks each evening, and an Island Lifestyle Expo, with displays, games, giveaways, and vendors inside Hangar 101. Also, don't miss the McKenna Motors paper-airplane contest where contestants can enter for the opportunity to take home a brand-new Ford Thunderbird from McKenna Motors.

Wild ones can get their

kicks at the BayFest mixed martial arts Superbrawl, get wet at the "build-your-own boat" Bathtub Regatta race, or be the crowd favorite at the BodySearch Fitness Contest. As well, plenty of family fun such as the Coconut Island boat rides, pizza-eating contests, exotic car shows, E.K. Fernandez carnival rides and more will be available.

This annual event is open to the public and gates are open at noon each day; tickets are available at Ticketmaster outlets including Times Supermarkets. Call (877) 750-4400 or visit www.bayfesthawaii.com.

No backpacks, coolers, weapons or outside food or drink will be allowed.



Ha'aeo No 'O Honolulu Concert — While supplies last, tickets are available to the free concert in honor of Honolulu's centennial celebration, today from 5 till 10 p.m. at the Waikiki Shell. One coupon per person is good for two lawn seat tickets; however, tickets are only available at Times Supermarkets, courtesy of the Honolulu Star-Bulletin, MidWeek and Ticketmaster. No coolers or lawn chairs will be allowed at this event.

The concert will include musical entertainment, the blowing of 100 Pu Kani (conch shells), Chinese lion and dragon dances, performances by a noted jazz ensemble

and a grand finale featuring many distinguished locals like the Makaha Sons.

Also, one lucky person will win a trip for two to Las Vegas.

Haleiwa Arts Festival — Volunteers are needed to help set up and take down banners; stage small tents, tables and chairs; and dismantle and clean-up at the Haleiwa Arts Festival in July. Volunteers are needed for several hours on July 18, 21, 22 and 25 when the festival gets underway at 61-453 Kamehameha Hwy., approx. two miles past Haleiwa Beach Park.

If you'd like to volunteer, contact Joan Gossett, event coordinator, at arts@HaleiwaArtsFestival.org, as soon as possible.

3 / Sunday

Aloha Tower Celebration — Sunday, the Aloha Tower Marketplace will host a pre-Independence Day celebration beginning at 5 p.m. and culminating with a stunning fireworks display over Honolulu Harbor at 8:45 p.m. Admission is free.

Entertainment on multiple stages will include performances by Jordan Segundo, Jake Shimabukuro, and the Pacific Fleet Band. Plus, catch Drill Team Hawaii, the Roosevelt cheerleaders and a fashion show by New Media Productions.

Cotton candy, popcorn, free prize giveaways, free face and hair painting, a balloonist booth, free samples of foods, and more will be provided, as well as mega discounts at Aloha Tower shops. Validated self- and valet parking options are available.

For more information,

call 566-2337 or visit www.alohatower.com.

4 / Monday

Pearl Harbor Block Party — July 4, from 2 to 9 p.m., the streets of Pearl Harbor will flourish with events and activities aimed to please everyone, as the Navy once again "takes it to the streets" for the wildly popular entertainment-food-fireworks fest, the Fourth of July Block Party and Fireworks Spectacular.



Schedule

Morning

- 6:00 Sign on
- 6:30 Welcome Home Redeployment Montage 6
- 6:35 Coqui Frog Invasion in Hawaii
- 6:55 Welcome Home Redeployment Montage 3
- 7:00 Bulletin Board
- 7:30 What's Down the Drain
- 7:38 White Face
- 7:53 Welcome Home Redeployment Montage 3
- 8:00 Hawaii Army Report
- 8:36 Army News Watch
- 9:00 Pentagon Channel
- 10:00 White Face
- 10:20 Welcome Home Redeployment Montage 6
- 10:26 Bulletin Board
- 11:00 Coqui Frog Invasion in Hawaii
- 11:21 Jake Shimabukuro
- 11:34 Maui
- 12:00 Hawaii Army Report
- 12:33 Pentagon Channel

Afternoon

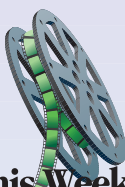
- 2:00 After the Storm
- 2:23 Bulletin Board
- 2:53 Welcome Home Redeployment Montage 6
- 3:00 Sham: The Sea Turtle Story
- 3:33 Coqui Frog Invasion in Hawaii
- 3:57 Welcome Home Redeployment Montage 2
- 4:00 Pentagon Channel

Evening

- 6:00 Hawaii Army Report
- 6:30 What's Down the Drain
- 6:38 Community Focus
- 6:53 Welcome Home Redeployment Montage 6
- 7:00 NFL: Turf Talk
- 7:53 Welcome Home Redeployment Montage 6
- 8:00 What's Down the Drain
- 8:09 Welcome Home Redeployment Montage 4
- 8:14 Welcome Home Redeployment Montage 5
- 8:24 Coqui Frog Invasion in Hawaii
- 8:50 Welcome Home Redeployment Montage 6
- 8:56 Welcome Home Redeployment Montage 1
- 9:03 White Face
- 9:32 Bulletin Board
- 10:03 Welcome Home Redeployment Montage 5
- 10:11 NFL: Throwbacks
- 11:01 Welcome Home Redeployment Montage 6
- 11:06 White Face
- 11:20 Welcome Home Redeployment Montage 5
- 11:27 Welcome Home Redeployment Montage 4
- 11:32 Coqui Frog Invasion in Hawaii
- 11:52 Welcome Home Redeployment Montage 3

Overnight

- Pentagon Channel



Sgt. Smith Theater

Today
Kingdom of Heaven
7 p.m. (R)

Saturday
Monster In-Law
7 p.m. (PG-13)

Sunday
Unleashed
7 p.m. (R)

Wednesday
Monster In-Law
7 p.m. (PG-13)

Thursday
Kingdom of Heaven
7 p.m. (R)

The theater is closed Monday & Tuesday.

Island companies tempt military

Food show vendors offer tantalizing treats, “heart-made” products to DECA

Story and Photos by
Stefanie Gardin
Public Affairs Office,
25th ID (L) & USARHAW

KOOLINA — Fifty one local companies showcased their products at the eighth annual American Logistics Association Food Show at the J.W. Marriott Ihilani Resort and Spa here, June 24.

The companies met and marketed more than 500 products, ranging from pineapple salad dressing to taro burgers, before key military buyers from Virginia and California.

One company, Arturo’s, offered a line of hot sauces with flavors for each island – Oahu’s was guava hibiscus.

“This is a great opportunity for local companies to come in and present to military resale buyers and get decisions on the spot,” said Patrick Nixon, chief executive officer and acting director of the Defense Commissary Agency. “It’s a really unique opportunity.”

The products offered at the show are unique as well.

“The sauces are incredible,” Nixon said. “The mixtures they use here you wouldn’t think of using — pineapples and mangos — they’re really, really unique.”

“These are incredible local products. When military members leave here they’ll go, ‘Gee, I wish I could get that,’ and that’s what the show is all about,” Nixon continued.

Part of the show’s concept is about offering chances. Many companies would love to tap into the military market, but they’re just not sure how to do it.

“The show helps them understand how to do business with the government,” Nixon said. “It’s a huge bureaucracy, and if you’re not familiar with it, it can be pretty scary ... you end up walking into closed doors.”

Regional contract special-



Kaiulani Cowell offers samples and shows off her all natural, 5-spice gift package to potential buyers.

ists from the mainland and military buyers helped ease and explain the contracting process and working with the government. Buyers told businesses, that day, whether their products were selected and gave feedback on why certain products were picked up and what could be improved for next year.

“There isn’t any place you can go where you can get that kind of immediate response and immediate feedback, especially from the government,” Nixon said.

Diane Lee, a brand manager for Roselani Tropics Ice Cream, said she loves coming to the show and finds it very encouraging. The company has already found a spot in commissary freezers and will soon add two new items, thanks to this year’s show.

“It’s great to serve our ice cream and to get feedback,” Lee said. “You need to come and get the reactions, and the buyers have been very generous with sharing their knowledge of the system.”

For some buyers, feedback from previous years helped make this year a success.

Kaiulani Cowell, owner of Kaiulani Spices, attended the show for her second year and is having more luck this time around.

“Last year we were still new, so we didn’t have many products,” Cowell said. “This year we have a lot more. Everyone is so receptive. ...I think some products will get picked up.”

Cowell’s company is one of seven whose items were picked up at this year’s show, and and she will start doing business with DeCA for the first time.

Other companies that have a longer history of doing

business with the military, like Hawaii Coffee Company, value the opportunities the military market can offer.

“From a local perspective, doing business with the military is substantial; it has an enormous impact on building a company’s business and taking it outside Hawaii,” said Sharon Zambo-Fan, vice president for sales at Hawaii Coffee Company and ALA director. “Hawaii has a saturated market. You want to grow your company’s base, and a positive way to do it is through the military.”

See “Food Show,” page B-4



Diamond Head Seafood Company won this year’s outstanding exhibit award for their colorful presentation.

Do you know the lingo of investing?

Spc. Mary Simms
Public Affairs Office,
25th ID (L) & USARHAW

Financial planners provide insight on what types of vehicles are available to Soldiers who want to save money. That's because not all investments are created equal.

Some investment vehicles are better for long-term investment strategies while some are best for short-term investment strategies. Likewise, some investments are more volatile than others.

As a general rule of thumb, financial planners explain, the greater the risk of an investment, the greater possibility for a larger return. Conversely, the greater the risk of the investment, the greater the possibility of losing money in that investment.

"Starting with the most conservative investments and progressing towards riskier investments, we have savings accounts, certificates of deposits [CDs], U.S. savings bonds, money market funds, stock and bond mutual funds, and individual stocks and bonds," said Charles Beaucond, a financial planner with Army Community Services.

Beaucond said savvy investors should understand some basic financial terms.

Savings Account

A savings account is usually held at a bank or financial institution that pays interest on balances held, usually once or twice per year. The amount of interest usually depends on the amount of money in the account and the "base rate" of the Bank of England.

There is often a notice period required for withdrawals and, in most cases, the longer the notice period, the higher the interest rate.

Certificate of deposit, or CD

A certificate of deposit, issued by a bank to a depositor, indicates a sum of money that has been deposited for a specified term and on which interest is paid.

Stock

Stock is an instrument that signifies an ownership position, called equity, in a corporation. It represents a claim

on a proportional share in the corporation's assets and profits.

Ownership in a company is determined by the number of shares a person owns divided by the total number of shares outstanding.

Bond

A bond is a generic name for a tradable loan security issued by governments and companies as a means of raising capital.

Money Market Fund

An open-end mutual fund invests only in money markets. These funds invest in short-term (one day to one year) debt obligations such as U.S. Treasury bills, certificates of deposit and commercial paper.

The main goal of a money market fund is the preservation of principal, accompanied by modest dividends. The fund's net asset value remains a constant \$1 per share to simplify accounting, but its interest rate does fluctuate.

Money market funds are very liquid investments and, therefore, are often used by financial institutions to store money that is not currently invested. Unlike bank accounts and money market accounts, most deposits are not FDIC insured, but the risk associated with money market funds is extremely low. (Only those funds administered by banks are FDIC-insured, but some others are privately insured.)

Although money market mutual funds are among the safest types of mutual funds, it is still possible for money market funds to fail. In fact, the biggest risk involved in investing in money market funds is the risk that inflation will outpace the funds' returns, thereby eroding the purchasing power of the investor's money.

Beaucond reminds, "An investor should know that — especially in stock market types of investments — there is no guarantee of your investment. Money that you need in two or three years should not be invested in the stock market."

Soldiers and family members who would like to meet with Charles Beaucond or another ACS financial planner, should call Army Community Services at 655-2400.



Buyers take a closer look at some of the local products on display.



Diane Lee scoops up a sample of Rose-lani Tropics Ice Cream. Watching people's reactions is half the fun, she said.

Food Show

From B-3

Products that do well in the commissaries in Hawaii, have the opportunity to springboard into other commissaries in the Pacific Region, the mainland and even the Far East.

"What we've found in the Far East ... is that a lot of the taste sensations are very similar," said Richard Page, director of DeCA West, which includes 18 states, Guam, Japan, Korea and Okinawa. "We've found local products to be very successful there."

Of course, there would be no products if it weren't for the companies who make them. Page said he is impressed by how aggressive and enthusiastic Hawaii companies are about their products.

"They pour their heart and soul into these products," Page said. "These are labors of love for them. This is their company; this is their baby."

If their "baby" gets picked up in the military market, it can mean big business for these local companies. Last year the sales of Hawaii products to commissaries totaled \$87 million — an \$11 million increase from 2003. Since the show started, DeCA has picked up more than 800 local products, and it will add another 120 products from this year's show.

In produce alone, DeCA purchases close to eight million pounds of local fruits and vegetables. Purchasing local produce cuts down shipment time, so military shoppers are able to enjoy fresh, quality products.

"It's a win from the standpoint of a

business opportunity, but it's also a win from the standpoint of the military community," Nixon said. "The cost of living is very high in Hawaii, and the commissary benefit is probably more important here than anywhere else in the world," he added. "This way military shoppers can get the best products at the best deals."

Better deals mean that military shoppers can sample more local products at a fraction of the cost they may pay elsewhere.

"There are so many different taste sensations here, and our military shoppers want to avail themselves of them," West said.

"With 51 percent savings, they can avail themselves of a lot more through the commissary than through other places."

Taste of Honolulu treats service members

1st Lt. Lindsey Dane
Contributing Writer

The 14th anniversary of the islands' foremost food wine and entertainment extravaganza united more than 55,000 people last weekend with great weather, great food and, most importantly, for a good cause.

Sponsored by Easter Seals, the Taste of Honolulu raised funds to support extended school day programs for children and young adults with disabilities in Hawaii. Easter Seals also offered free admission to all military personnel Saturday to say "thank you" for their service.

"It's great spending the day with friends; it's a great opportunity to sample restaurants you've never been to," said Eileen Godinez,



community services coordinator for Army Hawaii Family Housing.

Early estimates showed more than \$260,000 was raised by the 47,000 residents and tourists who participated, a 15 percent increase in attendance.

Taste of Honolulu featured 25 restaurant vendors and 10 wine sampling stations. Participants purchased food and

beverages of all kinds with scripts purchased at entry gates and throughout the grounds. Plenty of rides and activities were also on hand to satisfy the whole family, hungry or not.

Kool-Aid man, the Kraft dinosaur, and even the Amazing Spiderman made their way through crowds, stopping to take pictures and shake hands. Darth Vader and an entourage of Storm Troopers also took time from their busy schedules to share in the food and laughter, as well as desert bars, inflatable rides and musical entertainment.

"It's truly a great opportunity to taste all that Hawaii has to offer," said Capt. John Perkins of Headquarters and Headquarters Company, 2nd Brigade, one of many military personnel enjoying the event.

"People's Choice" awards allowed the opportunity for all to vote for their food favorites. Canoe's, a restaurant at the Renaissance Ilikai Hotel, won Best Dessert for its warm chocolate crème brulee bread pudding with vanilla ice cream; Ciao Mein from the Hyatt Regency Hotel won Best Salad for its Caesar salad in won ton cup; and Down to Earth in Honolulu won Best Vegetarian for its lasagna Italiano and Sicilian creamy dip with veggies.

Today, Easter Seals offers more than 22 programs for children and adults in Hawaii. It is the state's largest provider of early intervention services and one of the state's largest providers of services for adults with developmental disabilities.

MWR
Sports

JULY

1 / Friday Muscle Moves — This class is designed to tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007 for details.

2 / Saturday Scuba Classes — Scuba provides individuals with an opportunity to earn their PADI certification over two weekends for \$175. Instruction is held on Saturdays and Sundays at various locations depending on class content and skills being taught. Call 655-0143 for more information.

3 / Sunday Bowling Tournament — Individuals are invited to participate in the “5 Game, No Tap” Tournament at the Schofield Barracks Bowling Center. Check-in is at 1 p.m. and cost is \$20. Call 655-0573 for more information.

5 / Tuesday Cardio Kickboxing — Classes are held regularly on Tuesday and Thursday between 4:30 to 5:30 p.m. at the Fort Shafter Gym. Cost is \$2 per class, or you can get a 12-class punch card for \$11. Call 438-1152 for more information.

7 / Thursday Group Cycling — Participants can use stationary bikes and drills to workout to the perfect shape. Through the use of tension and resistance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes are held every Thursday as well as Tuesdays and Wednesdays at various times. Call the Schofield Barracks Health and Fitness Center at 655-8001 for details.

ONGOING

BMX Track — Boys,

girls and adults of all ages are invited to join the fun at the BMX track located at Wheeler Army Air Field. Practice hours go from Mondays through Thursdays at 5 to 7 p.m., and races take place every Saturday beginning around 5:30 p.m.

The yearly membership fee is \$45; to participate in competitions, pay only \$9.

Visit www.wheelerbmx.com for more details.

Richardson Pool Programs — The following programs are offered at Richardson Pool: Summer Learn to Swim, spring-board diving, Learn to Swim, and a Tropic Water Exercise class. Call the pool at 655-9698 for more information on programs offered.

Run/Walk/Swim Club — Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners will receive a pair of Thorlo running socks, and swimmers will receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet.

Summer Learn to Swim Program — Learn to Swim takes participants level by level from their first step into the water to relative ease and proficiency with standard swimming skills. Registration for all levels is currently being accepted at Richardson Pool, Schofield Barracks, from 10 a.m. to 5 p.m. Cost is \$40 for nine, 45-minute classes, and registration is first come, first served. Call 655-9698 to confirm your spot.

The Tripler, Helemano and Aliamanu pools will also hold Level I and other courses. Registration at these locations is underway now. Call the pool nearest to you for more information.

Golf for Food and Fun — Get a team together any Tuesday from 2:30 to 4:30 p.m. at Nagorski Golf Course on Fort Shafter, and then play golf for only \$15 per person.

Cost includes a nine-hole green fee, a foursome platter of pupus, a pitcher of beverage, a lucky door prize entry and a chance to win other prizes. Call 438-9587 for more information.



Spc. Juan Jimenez

Headlocked!

Kris Kavanaugh (center) faces a reverse headlock from the Japanese wrestler Ahuna while the referee counts during a tag team wrestling match at the Saturday Nite Slam inside Tropics on Schofield Barracks, June 25. Ahuna and his tagteam partner “X” won the match.

Local Sports
JULY

2 / Saturday Extreme Wars — Tickets are on sale for “Extreme Wars X-1,” presented by Platinum Limousine. This mixed martial arts show/brawl takes place Saturday at 7 p.m. at the Neal Blaisdell Center. Tickets are available at all Ticketmaster outlets and Times Supermarket locations. Prices per ticket are \$35 general, \$45 lodges, \$65 risers, \$100 ring-side. A military discount of \$10 off any ticket is also offered. For more information, call 590-9483.

Ewa Beach Patriot Run — The community is invited to the Annual Patriot Run, Saturday at 8:30 a.m. This event honors all men and women of the armed forces — past and present — and brings the community together to celebrate being American, as well as promotes healthy active lifestyles.

The run/walk will be a one or three-mile course around the Ocean Pointe community, and other activities include jump roping and relay racing

contests for keiki, and free health screenings for those who are young at heart.

Raffles will net great prizes, and food and T-shirts will also commemorate this free event.

8 / Wednesday Sports Day Camp — The American Lung Association of Hawaii is accepting applications for both participants and volunteers in its 2005 Asthma Sports Day Camps, which are three-day clinics in which children ages 5 to 12 can participate in a variety of activities while simultaneously learning how to cope with their asthmatic condition.

Also, 250 volunteers are needed to assist with the camps that will serve 135 children statewide this summer, according to Brenda Mahuka, program associate-asthma for the Lung Association. “We need volunteers in a number of specialties, like physicians, nurses, respiratory therapists and pharmacists. We also need people to oversee the sporting events, to act as counselors and educators and even to help with our registration and other logistical jobs,” she explained.

At the camps, children will learn how to manage asthma while taking part in team

sports and other recreational activities such as tennis, baseball and soccer. Youth will also learn about Hawaiian culture and games and participate in various arts and crafts activities.

Lunches and other refreshments will be served throughout the day, courtesy of donations from local businesses. Participants also receive a camp T-shirt, medal and diploma for attending.

On Oahu, the camp will be held July 8 through 10 at McCoy Pavilion, Ala Moana Beach Park

Children with mild to severe asthma are encouraged to attend. Volunteers may call 537-5966, ext. 311. A small registration fee of \$25 covers all activities, lunches, refreshments and gifts; however, financial assistance is available.

9 / Saturday Annual School/Sports Physical Day — The Schofield Barracks Family Practice Clinic will hold its annual School Physical Day Saturday, July 9. If you have children who are new to Hawaii or are changing schools this year, this is a very important day for you. To schedule an appointment please call 433-2778 ext 141.

Appointments are for Tri-West Prime members only. For the appointment, be sure to bring your Tri-West cards, shot records, military ID cards, and medical records along with any forms your school may want filled out. Please call 433-8153 for more details.

5K Banana Man Race — Jamba Juice will go bananas with Hawaii’s wackiest race on July 9 at 7 a.m. You can participate in the 5th Annual 5K Banana Man Chase, which benefits Muscular Dystrophy Hawaii, Ala Moana Park (near McCoy Pavilion).

Race participants can run, walk, or stroll their way through the 3.1 mile (5k) course. The first three men and the first three women in each division to cross the finish line win a year’s worth of Jamba Juice smoothies. In addition, five lucky winners that raise \$50 or more will be randomly selected to also win a year’s worth of smoothies.

After the race, there will be many more “a-peeling” things to enjoy, including Innovative Magic by Kaulana; music by DJ Cool E; and balloon sculpting by Balloon Monsoon.

Pick up an application at any Jamba Juice location or download one at www.jamba-hawaii.com.

Team Army nets 525-pound Ahi during fishing contest

Richard Bautista
Martinez Fitness Center
Supervisor Specialist

WAIANAE — Some 200 boats and more than 900 fishermen set out their lures to catch the biggest fish out in the Pacific during the 8th Annual Ahi Fever Fishing Tournament June 18 – 19 here. Among the fishermen were 10 Soldiers from the 25th Infantry Divison (Light) who were fishing as a team.

CB radio waves enlivened with comments like "Thank you for your efforts in the war" and "Nice to have you all in the tournament." The Ahi fishing community accepted the Soldiers into their sacred fishing grounds.

Fishing aboard the Kalohi, a 38-foot charter boat, was Army Team One. Five Soldiers boarded the vessel at Koolina Marina and headed for the starting point just outside Waianae Harbor.

At the crack of dawn, at 6 a.m., the countdown was on. Flares soared skyward indicating the start of the fishing tournament. All of a sudden, 200 fishing boats accelerated at break neck speed at the same time, to head for favorite fishing grounds before anyone else could seize their spots.

Within 20 minutes the first ahi, at an estimated weight of 142 pounds, was caught. Soldiers on the Kalohi said they could feel the adrenalin rush.

The Pacific Ocean remained calm, and winds blew at 10 mph. However, on board the Kalohi, Soldiers



1st Sgt. Joe Quesnell

From (left to right) Miss Ahi Fever, Andrew Rice, Joe Quesnell, James Rihm, Joshua Buehm and Jason Valentin comprised the first Army team at this year's Ahi fishing tournament.

were betting who would catch fish, and in what order. Sgt. Andrew Rice of 65th Engineer Battalion was favored.

Everyone gazed into the blue Pacific waters, looking for signs of birds that could be hovering above fish piles. An hour went by. Still, there wasn't a single strike, so everyone settled in.

At about 7:35 a.m., the long outrigger line snapped from its holder and the 130 reel screamed. Fishermen everywhere jumped to see what was happening.

Everyone looked behind, about 100 yards, to see a huge marlin jumping out of the water and attempting to throw the hook. All other fishing lines were reeled in.

Rice jumped into the fighting chair and com-

menced to wrestle the giant marlin just over 500 yards away from the boat. The angler Rice slowly reeled the fish in.

As the line inched closer and closer to the vessel, the majestic giant fish would pull out more line, and so the stalement continued on and off.

After 30 minutes into the battle, and with fellow Soldiers yelling words of encouragement and giving Rice advice, the novice fisherman felt the pain of the battle. Still, he battled on and on.

After one hour the fish still had 300 yards of line out. Nonetheless, Rice struggled past his pain and determined there was no quitting in him.

The Kalohi team func-

tioned like it had learned in the military — to stay together to achieve the mission. By 9 a.m., the marlin was close in, and its blue fighting color was in view.

Everyone on the Kalohi glued eyes on the monster fish. Rice was experiencing extreme pain and a feeling of exhilaration at the same time, he said. Finally, the marlin was close enough so the captain could sink a gaff into the fish.

It took the strength of the five Soldiers to haul in the huge Pacific Blue Marlin. Rice looked in amazement at his catch. On the CB radio waves, the captain called Ahi Central and requested permission to bring in the catch before the original weighing time.

Permission was at first denied, until the captain explained the fish was too big to be held on the Kalohi.

Once the “stop fishing” call was made, Soldiers eagerly awaited the official weigh in. Their marlin topped the scales at 525.60 pounds.

Marlin after marlin came in for weighing. Still, the Army's fish was number one. Eventually, though, a fish weighing 603 pounds tipped the scales. Team Army placed second in the Ahi tournament.

Regardless, the five Tropic Lightning fishermen blazed a trail for all Soldiers as the first Army team to enter Hawaii's biggest fishing tournament. Organizers hope next year's teams will net more military participants.

Intramural Softball Standings

Unit	Wins	Losses	Pct.
East Division			
407th MI2	5	0	1.000
HHC, 25th ID (L)	4	1	0.800
58th MP	2	2	0.500
40th QM	2	3	0.400
JAG	1	3	0.250
HHC, 2nd Bde.	0	5	0.000

West Division			
Co. B, 65th Eng.	4	1	0.800
Co. C, 725th MSB	4	1	0.800
Co. B, 225th FSB	3	2	0.600
HQ & A, 725th MSB	2	3	0.400
556th PSB	2	3	0.400
HHC, 84th Eng.	0	5	0.000

North Division			
HHC, 1st Bn., 14th Inf.	6	0	1.000
Co. A, 1st Bn., 27th Inf.	4	1	0.800
Co. B, 1st Bn., 27th Inf.	4	2	0.667
Co. C, 1st Bn., 27th Inf.	2	5	0.286
Co. A, 1st Bn., 14th Inf.	1	5	0.167
Btry. B, 3rd Bn., 7th FA	1	5	0.167

South Division			
Co. A, 125th Sig.	5	0	1.000
Co. C, 25th Avn.	4	1	0.800
Trp. A, 3rd Sqdn., 4th CAV	3	2	0.600
Co. D, 1st Bn., 25th Avn.	2	3	0.400
Btry. C, 2nd Bn., 11th FA	1	4	0.200
HHC, 125th Sig.	0	5	0.000

Women's Division			
58th MP	4	0	1.000
TAMC	3	1	0.750
3rd Bn., 7th FA	2	1	0.667
71st Chem.	1	3	0.250
205th MI	0	4	0.000
225th FSB	0	4	0.000

(Standings are current as of June 24.)